CLINICAL PSYCHOLOGY (PSYC 455) - SYLLABUS
Fall, 2014

DATE	CLASS TOPIC	ASSIGNMENT DUE
8/25	Course overview & expectations	
	SECTION 1: PSYCHODYNAMIC PSYCHOTHERAPY	
8/27	Behavior change project – expectations Psychoanalytic Psychotherapy: Freud	W&T, Chapter 1 P&W, Intro. (pp. 1-8) & ***skim*** Chapter 1
9/1	Labor Day – No Class	
9/3	Resistance & the defenses	*DSM IV* , pp. 807-813 (OwlS) Vaillant (2000) *J Abn Psy, 55(1),* 89-98
9/8	Individual Psychotherapy (Adler) Behavior change project – Goals	P&W – Chapter 3 W&T, Chapter 2
9/10	Object Relations Theory	P&W – Chapter 4
9/15	Review & discussion, psychodynamic Behavior change project – self-observation	**Exercise #1 - Psychodynamic** W&T, Chapter 3
	SECTION 2: LEARNING THEORY & COGNITIVE-BEHAVIOR THERAPY	
9/17	Learning Theory (Dollard & Miller) Behavior change project	P&W Chapter 5 W&T, Chapter 4
9/22	Behavior Therapy (Wolpe)	P&W Chapter 6 W&T, Chapter 5
9/24	Cognitive Therapy (Beck)	P&W Chapter 8
9/29	Cognitive Therapy (Meichenbaum) Behavior change project	P&W Chapter 9 W&T, Chapter 7
10/1	Review & discussion –cog-behavioral Behavior change project	**Exercise #2 – Cognitive-Behavioral** W&T, Chapter 8 and 9
	SECTION 3: HUMANISTIC & EXISTENTIAL APPROACHES	
10/6	Client-Centered Approach (Rogers)	P&W Chapter 13
10/8	Existentialism and therapy – Frankl	P&W, Chapter

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10/13	MID-SEMESTER BREAK – No Class	
10/15	Existential Approach Humanism, choice, resistance & motivation	Yalom, *Love's Executioner* (OwlS) Be prepared to discuss: "Do people actually ***have*** free will and choice?
10/20	Review & discussion, Humanistic	**Exercise #3 – Humanistic & Existential**
	SECTION 4: SYSTEMS THEORY & INTERVENTIONS	
10/22	Group Therapy (Yalom)	Yalom, *Group Therapy* (OwlS)
10/27	Group process – 12-step	**Exercise #4: 12 step group**
10/39	Systems theory & intervention	Goldenberg & Goldenberg, Ch. 4, (OwlS)
11/3	Family systems pathology Systems theory in individual therapy	Goldenberg & Goldenberg, Ch. 2, (OwlS)
11/5	Family systems – Family of Origin	**Exercise #5 – Family tree**
11/10	Family of Origin	Family tree (cont.)
11/12	Review & discussion, Family Intervention	**Exercise #6 – Family Systems**
11/17	Interviewing & Psychosocial History	Schedule mock interview
	TEMPERAMENT, POSITIVITY & CHANGE	
11/19	Positive Psychology	Optimism test: www.authentichappiness.org Strengths test: www.authentichappiness.org
11/24	No class	**Exercise #7:** Interview mock patient (Sometime before Thanksgiving break)
11/26	Thanksgiving – No Class	
12/1	Review of Interview & Psychosocial History	**Exercise #8:** Psychosocial History / Psychological Report
12/3	Appreciative Inquiry exercise	No assignment
12/10		**Exercise #9 - Behavior change project**